

WHAT IS CLAIMED IS:

1. A method for effecting a change in the central nervous system comprising parenteral administration of an effective amount of an IGF-I.

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2. A method for treating a disorder or a disease in the brain comprising parenteral administration of an effective amount of an IGF-I.

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3. A method according to claim 1 or 2 wherein said IGF-I is administered in an amount from about 0.1 $\mu\text{g}/\text{kg}/\text{day}$ up to about 4 mg/kg/day.

4. A method according to claim 1 or 2 wherein said IGF-I is administered in an amount from about 400 ng/kg/hour up to about 160 $\mu\text{g}/\text{kg}/\text{hour}$.

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5. A method according to claim 2 wherein said disorder or disease is Alzheimer's Disease.

6. A method according to claim 2 wherein said disorder or disease is Parkinson's Disease.

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7. A method according to claim 2 wherein said disorder or disease is AIDS dementia.

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8. A method for effecting a change in the central nervous system comprising parenteral administration of an effective amount of an IGF-II.

9. A method for treating a disorder or a disease in the brain comprising parenteral administration of an effective amount of an IGF-II.

10. A method according to claim 8 or 9 wherein said IGF-II is administered in an amount from about 0.1 μ g/kg/day up to about 4 mg/kg/day.

5 11. A method according to claim 8 or 9 wherein said IGF-II is administered in an amount from about 400 ng/kg/hour up to about 160 μ g/kg/hour.

12. A method according to claim 9 wherein said disorder or disease is Alzheimer's Disease.

10 13. A method according to claim 9 wherein said disorder or disease is Parkinson's Disease.

14. A method according to claim 9 wherein said disorder or disease is AIDS dementia.

15 15. A method for effecting a change in the spinal cord comprising parenteral administration of an effective amount of an IGF-I or an IGF-II.

20 *SUB* 16. A method for treating a disorder in or trauma to the spinal cord comprising parenteral administration of an effective amount of an IGF-I or IGF-II.

B 25 17. A method according to claim 15 or 16 wherein said IGF-I or IGF-II is administered in an amount from about 0.1 μ g/kg/day up to about 4 mg/kg/day.

B 18. A method according to claim 15 or 16 wherein said IGF-I or IGF-II is administered in an amount from about 400 ng/kg/hour up to about 160 μ g/kg/hour.

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Add A3
Add B7 ADD C²

Add D
Add E5